



# HEALTHY ROOTS FOUNDATION

PRESENTS

## REDUCE, REUSE, RECYCLE... AND COMPOST!

### OBJECTIVES:

1. Children will compare a variety of items and sort items into groups (trash, recyclable, compostable).
2. Children will develop an understanding of waste reduction.

### MATERIALS NEEDED:

- Stack of cards with various images on them (banana peel, plastic water bottle, cardboard box, plastic wrap, etc.)
- Velcro circles or squares (to be put on the back on each card)
- Felt board(s) divided into three sections. One section with a TRASH can; one section with a RECYCLING bin; one section with a COMPOST bin

### INSTRUCTIONS:

1. Sort the cards into three groups depending on if they can be composted, recycled or thrown away.
2. Place cards on felt board under the appropriate bin.



### REDUCE, REUSE, RECYCLE... AND COMPOST! EXTENSION ACTIVITY

Reading with your child is such an important and special activity. Not only does it boost your child's speech, communication and logical thinking skills, but also it creates a special bonding time for you and your child.

"Apple cores  
Bananas, bruised  
Coffee grounds with filters, used  
Just add to the pot  
And let it all rot  
Into Compost Stew!"

*An excerpt from the book, Compost Stew: An A to Z Recipe for the Earth, by Mary McKenna Siddals. A recipe in rhyme for making dark, crumbly, rich, earth-friendly compost.*

### WHAT IS COMPOSTING? NATURE'S BEST RECYCLING PROGRAM!

Composting, often described as nature's way of recycling, is the process of breaking up of organic waste such as fruit and vegetable scraps, egg shells, leaves and pine needles, green plants and flowers, coffee grounds, tea bags, grass clippings, etc. into an extremely useful, nutrient-rich soil amendment great for gardening.

To find out more on how to compost at home, visit [hamiltoncountyrecycles.org](http://hamiltoncountyrecycles.org)

## BUILD A WASTE-FREE LUNCH AT HOME

Have your child select items to create a lunch using images of food (cut from newspaper circulars) or pretend food you have at your house. Then, using an assortment of containers and reusable bottles, your child can pack his or her lunch into the containers and then place the items in a lunch box.

Next time you head out for an excursion, have your child help make his or her snack/lunch using waste-free reusable containers.

## WHY WASTE-FREE?

It has been estimated that on average a school-age child using a disposable lunch generates 67 pounds of waste per school year. That equates to 18,760 pounds of lunch waste for just one average-size elementary school.

*Source: wastefreelunches.org*

## WHAT DOES A WASTE-FREE LUNCH LOOK LIKE?

### A TYPICAL AMERICAN LUNCH (DISPOSABLE)

- Sandwiches sealed in plastic bags
- Fruits and vegetables in plastic bags
- Prepackaged chips, cookies, fruit bars, granola bars, cheeses, and fruit leathers
- Prepackaged yogurts, applesauce, and puddings
- Crackers, pretzels, chips, and other snack foods sealed in plastic bags
- Disposable juice boxes, juice pouches, soda cans, water bottles, and milk cartons
- Plastic forks and spoons
- Paper napkins
- Reusable lunchboxes and disposable paper and plastic bags

### A WASTE-FREE LUNCH (REUSABLE)

- Sandwiches and other main dishes, fresh fruit, fresh vegetables, and treats in a reusable lunch container
- Cloth napkins
- Stainless-steel forks and spoons
- Reusable drink containers
- Reusable lunchboxes

\*With this type of lunch, lunch food items can be bought in larger quantities. The packaging can be left at home for reuse or recycling. Waste-free lunches are not only a wise environmental choice, but they are less expensive as well.

## THE BOTTOM LINE

DISPOSABLE LUNCH	WASTE-FREE LUNCH
\$4.02 / day	\$2.65 / day
\$20.10 / week	\$13.25 / week
\$723.60 / school year	\$477 / school year

**723.60 - 477.00 = \$246.60 SAVINGS PER SCHOOL YEAR PER PERSON**

*Source: wastefreelunches.org*

## KEEP LEARNING!!!

### Healthy Child Healthy World

By Christopher Gavigan (<http://healthychild.org>)

### 50 Simple Things Kids Can do to Recycle

By Earthworks Press

### Compost! Growing Gardens from your Garbage

By Linda Glaser

To download your own Healthy School Lunch Pocket Shopping Guide, visit

[http://www.healthychild.org/live-healthy/pocket\\_guides/](http://www.healthychild.org/live-healthy/pocket_guides/)